



July 2014

BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

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Weight Loss: The Big Picture

Lifestyle Change for Sustainable Weight Loss!

By: Morgan Williams, ACSM Certified Personal Trainer

There is real value to “3500 calories in 1 pound of fat” when understanding “calories in, calories out”. But if weight loss were that simple, the world would not be facing an obesity epidemic! What makes sustainable weight loss so challenging? It is about lifestyle change! First, people need to be **READY** to change, to give up a sedentary lifestyle, to give up comfort foods, to be ready to use childcare, and to just decide they are worth the change. Becoming ready for change is often the most challenging part of weight loss. Second, people need **SUPPORT** and **ACCOUNTABILITY**! Personal trainers are great for providing both, as well as monitoring progress and challenging people out of their comfort zones. The last step is actual **ACTION**! Taking small steps with changing movement and eating habits is what ultimately creates success. Working through the ambivalence to lifestyle change, gaining necessary support, and then taking small action steps toward making changes is what sets people up for sustainable weight loss!



Try this at home for a little family fitness: See which family member can hold a “plank” the longest.

One of the most effective weight-loss routines is circuit training! Set up different activity stations— I like to do a mix of cardio and weights. Do each station for 20-30 seconds, then switch to the next station with about 10-15 seconds rest in between. Repeat the entire circuit 4-5 times, incorporating some kid-friendly exercises like jumping rope, crab walk, and dancing to make this Family-Friendly too!

This is me! I lost 90 pounds in 1.5 years of living in Yokosuka through changing my lifestyle and using the support of a personal trainer! Now, I am a personal trainer and helping others in their weight-loss journeys.



For more information on my journey, Morgan Williams, check out my Facebook page www.facebook.com/mwtransformations, and for information on personal training with me, e-mail: mwtransformations@gmail.com.



Fit For Life

Fit 4 Life: Kid's Summer Fitness & Nutrition Camp

What is it?

This is a 9 week long program which is broken down into 1-week camps. This physical fitness and nutrition educational program is designed to provide kids with the knowledge and skills needed to lead a healthier, more physically active lifestyle.

When is it?

Fit 4 Life began in June. However, kids can still register. Fit 4 Life camps are broken into 1-week intervals. The week of August 11th will be the last week.

There will be two age groups:

- Children who have completed 1st, 2nd, 3rd and 4th from 1330-1600 each day.
- Children who have completed 5th and up from 0900-1200 each day.

What is the cost?

Children meeting the "at-risk" criteria will be able to attend for free.

Children who do not meet the "at-risk" criteria may join for \$50 per week per child. Determine if your child is eligible to attend camp for free by obtaining a free BMI screening.



Free BMI screenings: BMI stands for Body Mass Index. It is a comparison of an individual's height to weight relation. Research has shown that those who are overweight according to their BMI are at an increased risk for developing many types of diseases even at an early age. To receive your free BMI screening please visit James D. Kelly Fleet Recreation Center 3rd floor Fitness Office. Offered on a walk-in basis from 0800-1700, Monday through Friday. If you are unable to attend during working hours, please call the Fitness Office at 241-4486 to schedule an appointment.

For more information or to sign up for Fit 4 Life, please contact the Fitness Office at 241-4486.



Be S.M.A.R.T!

About your Health

By: LT Ortiz, RDN Department Head, Nutrition Services



SET realistic goals for yourself and your family instead of trying for perfection! With each small achievement, you will gain more confidence and motivation to continue on the path of healthy eating.

MOVE! Try jumping jacks during commercial breaks, walking up the stairs instead of using the elevator or just going for a walk after dinner. Any movement is burning more calories than when we are sitting, so let's get movin'!

AVOID the "all or nothing" mentality! Try choosing more nutrient-dense food 80-90% of the time while still allowing a favorite indulgence every now and then.

RESPECT your body and what it is trying to tell you! Did you know it takes about 20 minutes for your stomach to tell your brain that it's full? Are the kids asking for seconds right after sitting down to the dinner table? Sometimes we are really thirsty when we think we are hungry, so try to drink a cool glass of water before raiding the fridge. Still famished? Have seconds of more vegetables and protein before you reach for more rice to help your satiety as well as your waistline.

THINGS TO REMEMBER! Energy In versus Energy Out, Am I giving myself the right fuel? Come Back To Earth! "Eat the Rainbow!"





USNH Nutrition Services

Naval Hospital Yokosuka Nutrition Services...

Nutrition Services is pleased to offer Outpatient Medical Nutrition Therapy provided by RDNs (Registered Dietitian and Nutritionist) to assist you in managing your nutrition needs.

A registered dietitian can help you:

- To improve overall health of yourself and your family.
- To manage your weight and/or your child's weight.
- To improve your athletic performance.
- To manage high cholesterol, diabetes, or hypertension.
- To develop a personalized nutrition plan (for any age).
- To help you separate fact from fiction.
- To translate nutritional science into information you can use.
- To reduce your risk of chronic diseases.

Other nutrition services include:

- Group diabetes management class
- Prenatal Nutrition class
- Group weight management class
- Dietary Supplement presentations
- Men's and Women's Health seminars
- School-age children's nutrition workshops

Why is nutrition important? Medical experts recommend individuals follow a healthy diet, maintain an ideal body weight, and exercise to help prevent the onset or progression of disease. If you have a personal or family history of heart disease, diabetes, cancer, obesity and/or if you are concerned about your overall health, then you may want to meet with a dietitian for an individualized meal plan.

You can obtain a referral from your Primary Care Manager (physician), call central appointments at 243-5352. Or you can refer yourself by contacting USNH-Yokosuka Nutrition Clinic at 243-7128.

Nutrition Facts

Start here

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Check the
total calories
per serving

Calories 180 Calories from Fat 90

Limit these
nutrients

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%

Get enough of
these nutrients

Sugars 1g
Protein 3g

Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

Quick Guide to
% Daily Value:
5% or less
is low
20% or more
is high

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Health Promotion Services

Health Promotion Programs and Services

Eight week ShipShape Weight Management

Health Fitness Assessments

Four session Tobacco Cessation Classes

Preventive Health Education/Safety Stand Downs

For more information on any of the services Health Promotion provides, stop by the Health Promotion Office located on the third floor of the Fleet Rec Center in room 323 or call 243-9776 / 046-816-9776.

You can also contact Health Promotion by email at HP@med.navy.mil





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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotion
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JULY 2014

Family Nutrition & Fitness

SUN	MON	TUE	WED	THUR	FRI	SAT
June 29	June 30	1	2	3	4	5
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #1 1300-1400 SHIPSHAPE – Session 6 1100-1230 & 1500-1630	HFA 0800, 0830, 0900, 0930 & 1000	OFFICE CLOSED Independence Day	
6	7	8	9	10	11	12
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #1 1300-1400 SHIPSHAPE – Session 7 1100-1230 & 1500-1630	HFA 0800, 0830, 0900, 0930 & 1000		
13	14	15	16	17	18	19
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #1 1300-1400 SHIPSHAPE – Session 8 1100-1230 & 1500-1630	HFA 0800, 0830, 0900, 0930 & 1000		
20	21	22	23	24	25	26
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #1 1300-1400 HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		
27	28	29	30	31		
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #1 1300-1400 HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 / HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!